

# HAPPY BURRITO

## INGREDIENTS

1 teaspoon olive oil

2 tablespoons onion, minced

2 tablespoons red pepper, diced

1/8 teaspoon cayenne pepper

2 large eggs beaten

2 small flour tortilla

4 leaves Boston lettuce

1 green onion, sliced

## PREPARATION

- 1** In a small, non-stick frying pan, heat oil over medium heat.
- 2** Fry the onion and the peppers until the onions are soft. Season with cayenne pepper.
- 3** Add the beaten eggs and stir from time to time until the eggs are cooked, but still soft. Set aside.
- 4** Fill each tortilla with two leaves of lettuce and half of the egg mixture. Garnish with green onions, roll them closed and serve.

## SUGGESTION

- ✓ *Make a breakfast sandwich by serving the egg mixture on a slice of toast.*



# HAPPY BURRITO



## Nutrient Analysis

PER SERVING	
1 Burrito	
<b>Renal/Diabetic Exchanges:</b>	
1 Meat + 1 Starch + 1 Fat	
Calories	<b>192Kcal</b>
Protein	<b>9g</b>
Total Carbohydrate	<b>17g</b>
Fiber	<b>2g</b>
Sugars	<b>2g</b>
Fat	<b>9g</b>
Saturated	<b>3g</b>
Cholesterol	<b>186mg</b>
Sodium	<b>296mg</b>
Potassium	<b>162mg</b>
Phosphorus	<b>168mg</b>
Calcium	<b>81mg</b>
Iron	<b>2mg</b>
Magnesium	<b>16mg</b>
Vitamin C	<b>9mg</b>

## Diet Types

- |  |   |
|--|---|
| <input checked="" type="checkbox"/> CKD Non-Dialysis | <input checked="" type="checkbox"/> Dialysis/Diabetes |
| <input checked="" type="checkbox"/> Dialysis         | <input checked="" type="checkbox"/> Transplant        |

## POTASSIUM CHECK

### Breakfast — a very important meal for all

Have you ever wondered why our first meal of the day is called breakfast? This is the meal to break your overnight time of fasting since your evening meal from the previous day. It is essential to “break” that fast to provide much needed nutrition for your body. For those who receive dialysis, a protein-rich breakfast can be an excellent way to help you consume enough protein in your diet. Without three protein-rich meals per day, it can be very difficult to eat all the protein that you require to prevent protein malnutrition.

There are countless breakfast options to consider that will add protein to your diet. A traditional hot breakfast may consist of eggs with bacon or sausage. With these breakfast meats, the sodium content of this type of meal can be quite high. One option to lower the sodium content would be to have eggs alone. Another option would be to make your own low-sodium sausage. This can be done by adding spices such as sage and ground black pepper to fresh ground pork and shape into patties for cooking.

Another high protein breakfast option would be to break tradition with the egg and have leftovers from the evening before. This may be the best option on dialysis days when time may be limited to prepare a protein-rich breakfast. Ask your dietitian for other breakfast ideas to help you meet your nutritional goals for the day.

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